



Community Health Work Group Meeting June 23, 2010

The Community Health Work Group met on June 23, 2010 at 10:30 am at Baker Commons, Luther College. Attendees: Haleisa Johnson, Judy Isaacson, Kathy Babcock, Sheila Halweg, Connie Kuennen, Ann Blocker, Sharon Harris, Nancy Yeldon, Krista VandenBrink, Selena Quandahl, Vicki Carolan, Joetta Redlin, Angie Kerndt, Ann Mansfield

Brief Review of CHWG Presentations at the April County Team Meetings: National, State, Regional & Local conversations re active living and healthy eating. FFI focus in coming year will be on building capacity for school wellness policies & committees. County Health Rankings release was good timing to connect the data to the work of FFI – creating healthy communities.

Isaacson and VandenBrink gave update on IDPH Community Wellness Grant and Pilots.

Materials and Messages: April 8 Conference - Training providers as Messengers and Community Health Work

IDPH Healthy Communities is a project to target families with children ages 0-8 re messages of healthy eating and active living. It builds on previous work in Winneshiek county – On the Move initiative, Food & Fun & Fitness in parochial schools. CWG application has the support of all 6 county public health agencies that are a part of FFI.

Judy Isaacson transitioning away as Project Director and Selena Quandahl (Winn. Public Health) is assuming the new Project Director role for this project.

Judy reviewed Revised Action Plan (handout). Pilots completed in Head Start, WIC, and in-home day care in April-June. Next steps are to write the curriculum and identify up to 4 (1 Headstart, 1Preschool, 2 In-home day care) sites in each county. At the FFI Fall conference, these sites will be brought together to be oriented to the curriculum/project. Goal is to provide 5 months of curriculum with a set of 3 activities each month. November – March with a culminating Spring 2011 workshop to share experience and best practices.

Action Items:

- Every county needs to determine the sites in their county before FFI Fall Conference (October 19). Selena – HAWC (5 counties) will be putting it in their newsletter, also in Community Action newsletter. Want to make sure we've included Chickasaw; Selena will follow-up (Darla Butikofer, Healthy Childcare Iowa Nurse).
- Working on incentives for each of these sites to participate in the program; will receive at the FFI Fall Conference. Have placed an order for a "Chop Chop" magazine for each family to receive the total of 4 issues. Selena will deliver to each site in all of the counties. Have ordered 1200 issues; will label with FFI logo. Will encourage regional distribution by this group. Have also ordered re-useable bags with FFI logo for each of the families.

- Another goal is to launch a regional messaging campaign – aligned with the national messaging. For this project, using “Maximizing the Messages” from the USDA.
- The NE IA BASICS grant will be in the following schools: Postville, Oelwein, Elma, Lime Springs, Waukon, Waterville – will cooperate with ISUE re some of the tastings and Pick-a-Better-Snack program.

CWG In-kind contribution; - \$2,000 from each county; hours, benefits, mileage, etc. Include time spent in FFI county meetings, involvement/connection in FFI Community Health WG and/or CWG

Fall Conference Ideas – October 19, 2010

2 Tracks:

- Train Messengers to Launch this Project/Program
- How do we bring other Community Health Members into this work.

Keynote and Breakouts for Community Health providers in the region.

Other Business- Updates from School Nurses, Dietitians, Clinic Nurses, PH Nurses, Community Health Advocates and Educators. What is going on in your area concerning food & fitness?

- Howard Co. – FFI tour of 3 meat lockers, planted a hospital-school garden with FFI youth (50-Silvercord program) on June 2. Students helping with weeding & harvesting...coordinated by Joye for now.
- Winneshiek – WMC – garden doubled this year with assistance of David Cavagnaro. Have already harvested 45# of lettuce. Use plans & experience from last year to guide the planting this year. Also utilized all of the flowers. Gardening; have a volunteer list; communicate via email. David guiding the harvesting with summer interns.
- Elkader – Central – active school wellness policy; revising this fall. Active youth group; sold turkey sandwiches @ concession stands, Spring Walk/Run, Food service – fruit slicer, renovated a small room at high school for weight room, SRTS pilot workshop last fall, Spring helmet promotion and safety fair, 2 new grants from Live Healthy Iowa – posters & Midwest Dairy for a breakfast program.
- Chickasaw – garden with FFA students at high school, built raised gardens at nursing homes
- CHNHIP – needs assessment – include FFI

Next Community Health Work Group Meeting- Wednesday, September 22, 2010 9:00 – 10:30 am.

Location TBD. Who else should be included? Agenda: Review site selection and FFI Fall conference plans

Time for Reflection

How are we going to tie in to the other FFI Work Groups?

Gardens are an engagement tool to make more community connections; FFI youth, 4-H, ISUE – healthy cooking, community involvement. Getting youth involved is key; they need our support & will run with it! Public Health has multiple avenues to integrate messaging.